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# HOMEMAKERS' CHAT

FOR BROADCAST USE ONLY

U. S. DEPARTMENT  
OF AGRICULTURE  
OFFICE OF INFORMATION

(Release on receipt)

SUBJECT: "Defrosting the Freezer"--information from the Bureau of Human Nutrition and Home Economics, U. S. Department of Agriculture

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Even with all the work that goes with it...it's fun to straighten up a family storage center. Forgotten treasures nearly always come to light. That's just as true of the modern home freezer as it was of Grandma's attic. When you defrost and reorganize the freezer you're pretty sure to come across a choice carton or two you thought you had already used.

Now that the stocks of home-frozen fruits and vegetables are beginning to run low----as they do at this time of year----this is a good time to defrost the freezer...to scrape the frost from inside the box...and to reorganize the good things you have left.

If you're new at this defrosting business...here are some pointers that you'll want to keep in mind when you defrost your freezer. These suggestions come from home economists of the U. S. Department of Agriculture.

First of all....they advise you to do some planning ahead. Choose a time for defrosting when extra hands can help you. The job will go faster. And there will be less chance for the food to thaw out while it's out of the freezer.

Put on a sweater and a pair of mittens or gloves when you tackle the job of defrosting the freezer. For one thing you'll be working with the frozen food and chipping off the ice from the freezer. For another...you'll want to work in a room that's thoroughly chilled---so the food you've taken out of the freezer won't thaw.

Chill the room before you take the foods from the freezer. Then while the room is cooling...you can get your equipment together.

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What equipment? Well...you'll need table space near at hand to hold the packages of food as you take them out of the freezer. You'll want enough space so that you can spread the packages out and classify them and group them for their new arrangement in the box. If you don't have a large table....several small tables pulled close to the freezer will serve the purpose. And you'll want plenty of old newspapers to protect the table top when you set the frozen foods on it.

The other equipment...you'll need...will be a putty knife or a wide stiff-bladed spatula. That's for scraping off the frost from inside the box. And a brush and a smooth piece of cardboard...that's for gathering up the frost after you've scraped it off.

As you probably know---from reading the directions that came with the freezer----you don't turn the freezer off when you defrost it. Homemakers who are used to turning off the refrigerator may expect to do this. But it will cause the freezer to warm up too much.

So just take out all the frozen foods. Then scrape the frost off the inside with the putty knife or spatula. Then gather the frost up with the brush on the card board.

As a rule...any off-odors will disappear when the frost is removed. In case any remain...direct the electric fan into the freezer. That will help freshen the air. Then leave the box open to air while you sort the packages for their new arrangement.

That's the way you defrost a home freezer.

